

2005 German Armed Forces Proficiency Badge EVENTS LIST (Subject to Change)

No	Sport events	Gender	Age Group				
			1 18-29	2 30-39	3 40-44	4 45-49	5 50-54
1	200m Swim	male	6:00	7:00	7:30	8:00	8:30
	(min)	<i>female</i>	7:00	8:00	9:00	9:30	10:00
2	100m Dash	male	13.4	14.0	14.5	16.0	17.0
	(sec)	<i>female</i>	16.0	17.0	18.5	20.0	21.0
or	1000 m Run	male	3:40	4:10	4:30	4:45	5:00
	(min)	<i>female</i>	5:30	6:00	6:40	7:00	7:20
3	High Jump	male	1.35	1.30	1.25	1.15	1.05
	(m)	<i>female</i>	1.10	1.05	1.00	0.95	0.90
or	Long Jump	male	4.75	4.50	4.25	4.00	3.80
	(m)	<i>female</i>	3.50	3.25	3.00	2.90	2.80
4	Shot Put	male	8.00 (7.25 Kg)	7.75 (7.25 Kg)	7.50 (7.25 Kg)	7.25 (7.25 Kg)	7.25 (6.25 Kg)
	(m)	<i>female</i>	6.75 (4 kg)	6.25 (4 kg)	6.00 (4 kg)	5.75 (4 kg)	5.50 (4 kg)
or	Stone Throw	male	9.00	8.75	8.50	8.00	7.75
	(m)	<i>female</i>	N/A	N/A	N/A	N/A	N/A
5	3000m Run	male	13:00	14:30	16:00	17:30	19:00
	(min)	<i>female</i>	N/A	N/A	N/A	N/A	N/A
or	2000m Run	male	N/A	N/A	N/A	N/A	N/A
	(min)	<i>female</i>	12:00	13:00	14:00	15:00	16:00
or	1000m Swim	male	26:00	28:00	30:00	32:00	34:00
	(min)	<i>female</i>	28:00	30:00	32:00	34:00	36:00

No	Road March	Gender	Age Group		
			1 18-29	2 30-44	3 45-59
	BRONZE (hrs/min)	male	12.5 mi / 20 km 3:20	11.2 mi / 18 km 3:00	9.3 mi / 15 km 2:30
		<i>female</i>	11.2 mi / 18 km 3:00	9.3 mi / 15 km 2:30	6.2 mi / 10 km 1:40
			1 18-29	2 30-44	3 45-59
	SILVER (hrs/min)	male	15.6 mi / 25 km 4:10	12.5 mi / 20 km 3:20	11.2 mi / 18 km 3:00
		<i>female</i>	12.5 mi / 20 km 3:20	11.2 mi / 18 km 3:00	9.3mi / 15 km 2:30
			1 18-29	2 30-44	3 45-59
	GOLD (hrs/min)	male	18.7 mi / 30 km 5:00	15.6 mi / 25 km 4:10	12.5 mi / 20 km 3:20
		<i>female</i>	15.6 mi / 25 km 4:10	12.5 mi / 20 km 3:20	11.2 mi / 18 km 3:00

Shooting :

Pistol	
Rounds :	5
Distance :	25m / 27.35 yd
Position	standing, unsupported
Target :	3 silhouette targets, 1st shot double action
Result:	Hit 3 out of 5 = Bronze Hit 4 out of 5 = Silver Hit 5 out of 5 = Gold

GENERAL EVENT RULES

1. Applicants must be a service member of the United States Military.
2. Participants will have an overall good military record, with no suspension of favorable actions.
3. All Army, Post, and Unit safety rules and regulation are applicable during the GAFPB. All participants are considered Safety Advisors for the duration of the GAFPB and are required to stop and report any unsafe act.

GAFPB RULES

1. Each participant must pass all events in order to be awarded a badge and certificate. If a participant fails any event, he/she is still welcome and encouraged to complete the rest of the GAFPB. Participants that fail to meet the GOLD or SILVER badge requirements during the road-march, may still qualify for next lowest level based on time at Silver or Bronze standards. For example, participant qualifies for Gold badge on pistol range and passes all events but does not complete road-march to Gold standard but did meet standards for Silver; he/she will be awarded Silver badge.
2. No re-tests will be allowed for failures on any event. Special circumstances will be brought to the GAFPB OIC for consideration. Participants that fail an event may test on an alternate event if one is available. An example is if someone fails the 100m dash, he/she can test on the 400m sprint, which is an alternate event.
3. The GAFPB OIC's guidance on any aspect of the event is considered final and not open to discussion.
4. GAFPB Participants must adhere to the event uniform and equipment standards at all times.

EVENT SPECIFIC RULES

1. During the swim events, you may use any style or stroke. No swimming aids (floats, buoys, hand paddles, etc...) are allowed. Proper uniform is a swimming suit. Swimming goggles are allowed. You must be able to swim prior to this competition.
2. In the long jump, high jump, shot put, and weight lifting events, participants will have only three attempts to pass each event.
3. For the high jump event, all participants must use Olympic style form to clear the bar. Participants must push off with one foot. It does not matter if you go over the bar with your back or front to the bar, only that you launch on one foot. The "head dive" or "standing leap" style may NOT be used. Please make sure that all contestants are perfectly clear on which style they can use.
4. For the 9mm range, all participants will be given 15 rounds to fire. They will fire 3 series of 5 rounds with the best series being their qualification. Participants will fire at three targets and must put one round in each target as a minimum for the Bronze. Same applies to Silver and Gold but rounds 4 and 5 can be placed in any target as long as each target has a minimum of one round hit each target. This will be visually explained at the in-brief.